

Basic Bread

Equipment:



kitchen scales



measuring spoons



2 large mixing
bowls



medium mixing
jug, big enough
for 500 ml



wooden spoon



pastry brush



clean tea towel



loaf tin

Ingredients:



400 g plain flour



100 g whole-wheat flour



1 teaspoon salt



1 sachet (7 g)
instant dry yeast



300 ml warm
water



1 tablespoon honey
(or molasses)



vegetable oil, just
enough to oil the
bowl and tin



a spoonful of
semolina or fine
polenta – for dusting

What to do:



Weigh 400 g of the plain flour and add 100 g of the whole-wheat flour to make a total of 500 g of flour.



Tip the flour into the large mixing bowl.



Measure the yeast into the bowl.



Add 1 teaspoon of salt.



Stir once or twice with the wooden spoon. Push the flour away from the centre of the large bowl to make a well in the middle.



Run the hot tap and measure exactly 300 ml of warm water. Stir 1 tablespoon of honey into the warm water.



Pour the warm water and honey mixture into the bowl with the flour.



Stir with the wooden spoon to mix the flour and water. It will form a ball of sticky dough.



Sprinkle flour over a clean, dry surface.



Pat some flour onto your hands.



Tip the ball of dough onto the floured surface. Sprinkle it with a little flour if it is still very sticky.



Push the dough down with the heels of your hands.



Stretch the dough as you go. This is called 'kneading'.



Roll and fold the dough together again.
Push it down with the heels of your hands.



Repeat and count each time you press the dough down.

Push and fold the dough 100 times.

The dough will get warmer, more stretchy and less sticky.



Use a pastry brush to oil the inside of a large bowl.



Pat your dough back into a ball. Put it in the oiled bowl.



Cover the bowl with a clean tea towel and leave it in a warm place to rise.

Leave it for at least 30 minutes.



Uncover the risen dough. Punch in the middle to let the air out.



Knead the dough again.



This time your goal is to push and fold the dough 30 times.



Squeeze the dough into a long shape, roughly the length of the tin.



Use the pastry brush to brush some of the oil around the inside of the loaf tin.



Tip a spoon of semolina into the oiled tin. Tilt the tin in all directions to coat the inside with the semolina. This stops the bread from sticking to the tin.



Put the dough into the tin.



Cover it with a tea towel and leave it to rise again. About 20 minutes is enough time.



Turn the oven on to 200°C and let it heat up for at least 10 minutes.



Place the tin in the middle of the oven and bake the dough for 40 minutes.



After 40 minutes, **ask an adult to help** you carefully remove the bread from the oven.



Carefully tip the bread out of the tin.

Tap the bottom with a finger and listen carefully. It should sound hollow, like a small drum.

Leave the loaf to cool before cutting it.